

Stinging Nettle Soup

from *The Nordic Diet* by Trina Hahnemann, Skyhorse Publishing, Inc. New York



1 yellow onion
1 tablespoon olive oil
5 ½ cups organic vegetable bouillon
¼ teaspoon ground nutmeg
7 ounces of nettle leaves
salt and freshly ground black pepper
a few sprigs of watercress, to serve
4 organic eggs, to serve

Garlic croutons
2 slices of rye or spelt bread, cut into cubes
1 tablespoon olive oil
1 garlic clove, minced
salt and freshly ground black pepper

First, make the croutons.

Preheat the oven to 350° F.

Mix the bread cubes with the oil, garlic, salt, and pepper, and bake in the oven for 10 minutes.

In a large pan, sauté the onion in the oil for 5 minutes, without allowing it to burn or color too much.

Add the vegetable bouillon and nutmeg, bring to a boil, and add the nettle leaves. Let simmer for 20 minutes.

Using a hand blender, blend the soup, then season with salt and pepper.

Bring some water to a boil in a small pan. When the water is boiling, place the eggs in the water, turn down the heat and let simmer for 7 minutes. Remove from the heat and place under cold water for 30 seconds. Take out and shell right away.

Serve the soup with the boiled eggs cut across in half and the croutons and watercress scattered on top.

The Nordic Diet by Trina Hahnemann, Skyhorse Publishing, Inc. New York
is available from Ingebretsen's Scandinavian Gifts and our website.